

Sacramento Regional Conservation Corps



Training Tomorrow's Workforce

WORKPLACE CONDITION AWARENESS

The Sacramento Regional Conservation Corps (SRCC) promotes a safe workplace environment. As a participant of SRCC, you are always expected to follow and promote safety standards. With or without accommodations, you must be able to respond immediately to both auditory and visual cues.

As a participant in SRCC you will be required to perform repetitive strenuous labor including but not limited to:

- Bending, stooping, and twisting at the waist
- Reaching with your arms extended, reaching toward the ground to over head
- Lifting and carrying up to 50 pounds
- Pushing, pulling, and dragging items over distances of ten feet or more
- Prolonged walking and standing
- Kneeling and squatting
- Hand gripping and manipulating tools
- Prolonged driving/sitting
- Operating power tools
- Digging with shovels and picks
- Using tools while squatting, bending, standing and reaching over head

Perform duties in all types of environments including:

- In the vicinity of power equipment such as chainsaws, commercial weed-eaters, hydraulic lift gates and other hazardous machinery with moving parts
- In the vicinity of moving trucks, forklifts and other vehicles including along roadways
- Ascending and descending stairs
- Working on an elevated platform (9 feet)
- Handling dangerous materials (broken glass and metal, e-waste, food waste)
- Hiking up and down, traversing and/or working on and adjacent to steep slopes
- Walking through and/or working in creeks up to four feet deep (while wearing protective equipment), walking on slick or wet surfaces
- Vegetation which may cause allergic reactions including poison oak
- In areas containing thick dust and pollen
- In the area of wasps, spiders, snakes and other insects, reptiles, rodents and small animals

Perform duties in all types of weather conditions including but not limited to:

- Light to heavy rain, snow and hail
- Fog
- Strong Winds
- Summer to winter temperatures ranging from below freezing to over 100 degrees

Perform your duties while wearing the following Personal Protective Equipment (PPE) at all times:

- Steel-toed boots (6" tall) laced tightly to the top
- Safety helmet with suspension system(hard-hat)
- Cut resistant gloves
- And when required

- Steel-toed Hip Waders
- Goggles
- Safety vests
- Ear Plugs, and
- Other safety gear when directed by a supervisor